

Lunch Served Daily At 12pm

Monday – Friday

Menu changes may occur without prior notice.

Oconee County Senior Center

3500B Hog Mountain Road

Watkinsville, GA

(706)769-3979

June 2019

Monday

3 Marmalade Pork Roast

4 oz. Mashed Potatoes
4 oz. Peppered Green Beans
4 oz. Sliced Pears
Milk/Milk Substitute

10 Pinto Beans w/Ham

4 oz. Collard Greens
Cornbread/Margarine
Banana
Milk/Milk Substitute

17 Lemon Dill Baked Cod

4 oz. Tomato/Cucumber Salad
4 oz. Citrus Carrots
4 oz. Pineapple Tidbits
Roll/Margarine
Milk/Milk Substitute

24 Chicken Enchiladas

Shredded Lettuce/Tomato
4 oz. Spanish Rice
4 oz. F/Free Refried Beans
Banana
Milk/Milk Substitute

Tuesday

4 Mixed Green/Spinach Cobb Salad w/Tomato, Cabbage, & Carrots

2 oz. L/S Ham & Turkey
½ Boiled Egg
1 oz. Lite Salad Dressing
4 Whole Wheat Crackers
Banana
Milk/Milk Substitute

11 Herb Baked Tilapia

4 oz. Marinated Garden Salad
4 oz. Parmesan Brussel Sprouts
4 oz. Tropical Fruit Salad
Milk/Milk Substitute

18 Dijon Glazed Pork Chop

4 oz. Broccoli Salad
4 oz. French Style Vegetable Bake
4 oz. Baked Spiced Apples
Milk/Milk Substitute

25 Potato Corn Chowder

Mixed Green Spinach Salad
1 oz. Light Dressing
4 oz. Fruit Cocktail
4 Whole Wheat Crackers
Milk/Milk Substitute

Wednesday

5 Breaded Baked Cod

4 oz. Succotash
4 oz. Coleslaw
4 oz. Peaches
Milk/Milk Substitute

12 2 Beef Tacos

Shredded Cheese, Lettuce,
Diced Tomatoes & Sour
Cream
4 oz. Brown Rice
4 oz. Black Bean Corn Salsa
Apple Slices
Milk/Milk Substitute

19 Beef Hot Dog

Whole Wheat Bun
4 oz. Marinated Bean Salad
4 oz. Sweet Potato Wedges
Banana
Milk/Milk Substitute

26 Baked Chicken Fingers

4 oz. Steamed Carrots
4 oz. Pasta Salad w/Spinach &
Tomatoes
Whole Mandarin Orange
Milk/Milk Substitute

Thursday

6 Beef Tips & Gravy

4 oz. English Peas/Pearl Onions
4 oz. Wild Rice Blend
4 oz. Pineapple Tidbits
Milk/Milk Substitute

13 BBQ Baked Chicken

4 oz. Scalloped Potatoes
4 oz. Cooked Spinach
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

20 Baked Ziti

4 oz. Mixed Green Spinach Salad
1 oz. Light Dressing
4 oz. Unsweetened Applesauce
Milk/Milk Substitute

27 Sliced Meatloaf

4 oz. Mashed Potatoes
4 oz. Green Beans
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

Friday

7 Teriyaki Baked Chicken

4 oz. Cooked Cabbage
4 oz. Asian Vegetable Blend
4 oz. Fresh Fruit Salad
Roll/Margarine
Milk/Milk Substitute

14 Father's Day Lunch

Egg & Cheese Omelet
3 oz. LS Sausage Link
4 oz. Cheesy Grits
4 oz. Yogurt Parfait
w/Mixed Berries & Granola
Milk/Milk Substitute

21 BBQ Chicken

4 oz. Turnip Greens
4 oz. Squash Corn Casserole
4 oz. Fresh Fruit Salad
Milk/Milk Substitute

28 ¼ lb. Hamburger

Lettuce, Tomato & Onion
4 oz. Baked Beans
4 oz. Carrot Raisin Salad
Mini Moon Pie
Milk/Milk Substitute

**Alternate Entrée: Turkey/Cheese Sandwich on Whole Wheat Bread.
Please make your lunch reservations and requests for the Alternate
Entrée two (2) days in advance. Use the Pink Tickets located at the
donation box near the kitchen window to place your order for the
Alternate Entrée.**